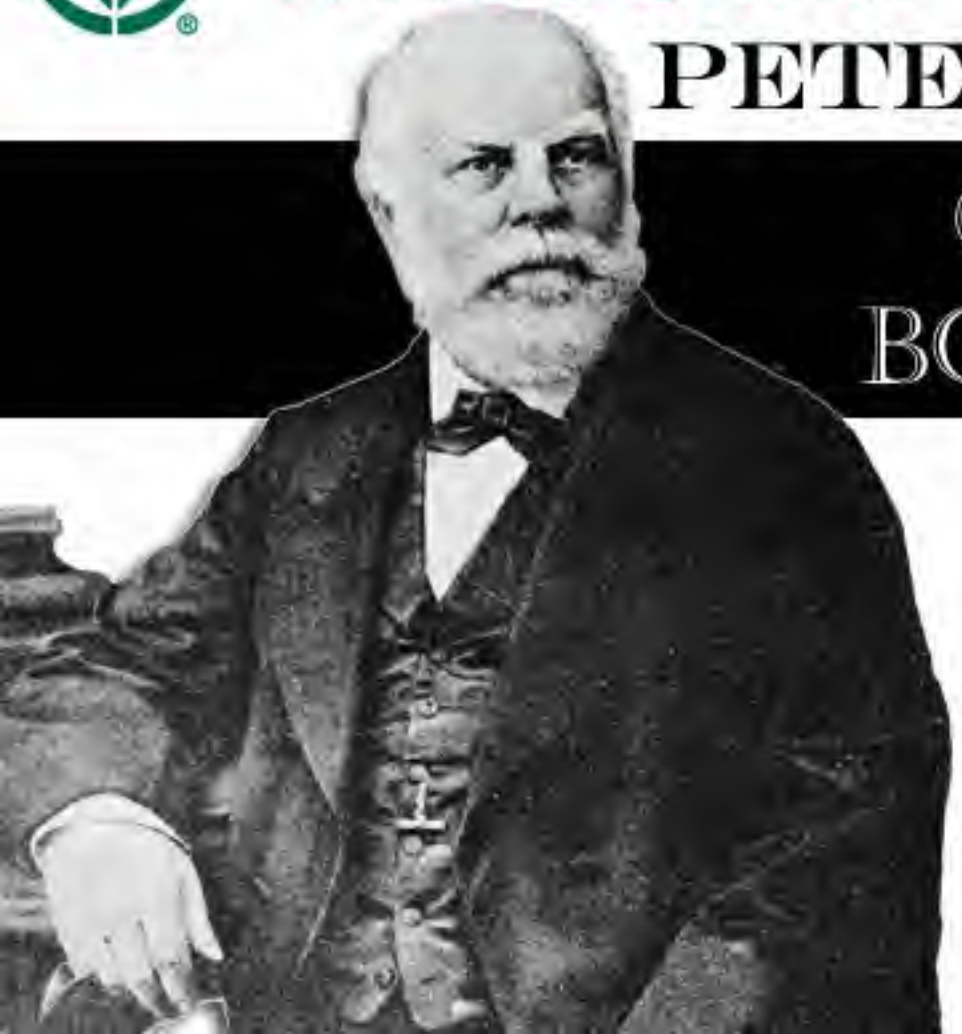
Missouri Botanical Garden
Peter H. Raven Library

George Engelmann Botanical Notebooks



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dreaded in the olden time, is often now a luxury, for there seems to come with each warm bright beam, new life and power, and all through body and soul is felt the health-renewing influence of light.

A French author claims that through the organs of vision the light reaches and affects for good the whole nervous system. If this be true, then is every bone and muscle, every tissue, every vital organ, every part of the body influenced for healthy growth and activity by a plentiful supply of the pure light of day; and a sinner against light is that man or woman who will so darken parlor or bed-room, kitchen or work-shop, that the body and soul are robbed of one of the best agencies for a healthy, vigorous, and perfected growth and life.

I sometimes think that all nature was made so lovely and so attractive that men, women and children might be wooed out of doors into the light and sunshine. Surely that man has a poor appreciation of this beautiful world who does not love the morning song of birds and the all-day fragrance and perfection of flowers, the never tiresome green of the fields, the never wearisome blue of the sky.

Better the romping on hill-sides and in valleys, than lounging in curtained parlors; better the pure air at morning's early dawn, than the stifled breathings of in-door slumbers; better the sun-browned cheek and brow of beauty, than the pale delicacy of weakness; and better far the elasticity of body and soul which comes from the purifying influences of a true life with

heighten the joy. So I regard my ill health, and I would I had never to take down the old manuscript again; still, if it will encourage any faint heart, or guide any lost one, I will gladly read it over to you.

And now where shall I commence my invalid narrative? Suffice it to say I was a broken-down school teacher, of the worst type. This expresses more than a whole column full of symptoms. Finding that neither "Bitters," "Iron" nor horse-back riding were doing me any good, and my sister having been very much benefited at Our Home, I resolved to try the same remedy. I arrived at Dansville, Sept. 1867, and remained ten months. Then came one of the mistakes of life, which lost me, according to the world's way of thinking, two years. Yet I cannot believe that all this time was really lost, inasmuch as it is a question whether the highest form of life is when we are most actively engaged in work, or when we are resting by the wayside and permitting our souls to grow.

But, be it as it may, most people would say I lost just two years by going home just two months too soon. The Doctor said to me, "If you will remain through these two hot, trying months of July and August, I will warrant you that by September you will be in such condition as to steadily gain from that time forth; but, on the contrary, if you leave now, September will find you in such a weakened condition that the cool, invigorating weather of fall, can not bring you up far enough to carry you well through the winter."

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it takes their breath, they take from its vitality, its own vital powers are not educed. Let it have its little crib and be tucked up in it, and be kept snug and warm by soft bed clothes and its own bodily heat, and be brought to its mother when there is need."

All very good provided circumstances can be made to agree with the plan. But supposing they cannot. Sometimes something besides the very best good of the baby has to be taken into account. Mayhap the father and mother

an imp
ago, but they stil
drugs are indispensable in the t
most diseases. They still study more the nature and medical properties of drugs than they do of hygienic agents.

I saw a very interesting and absolutely positive proof of the effects of one drug when used in small doses, in the museum of the University of Edinburgh. Sir William Hamilton, wishing to learn the effects of small doses of mercury upon the system, took a healthy, medium-sized dog and fed to him small amounts of mercury for a year or more. When the dog died his skeleton was preserved and there was not a bone in the body that was not exostosed and diseased. Even the small bones of the skull were twice the ordinary size and as porous as a honey-comb, as were all the other bones of the body. Is it any wonder then that persons with certain infectious diseases should also suffer from diseases of the bones when we consider the various preparations of mercury they take into the system?

Holyrood, the Royal Mansion—the home of Queen Mary, is still preserved with care. The furniture is still kept though it shows the effects of moths and age. Portraits of the Queen and Lord Darnley are in what was the Queen's

cept mutton chops, boiled eggs, bread, butter, and coffee; there are no potatoes nor vegetables, no hot rolls or griddle cakes, or highly seasoned dishes. At dinner they have roast meats, vegetables and puddings. Lunch and tea are very simple. In the bakeries are seen large quantities of cakes which is proof that they are eaten, but they never appear on the hotel tables. The poorer classes live largely on oatmeal which is made into porridge and cakes. The porridge is similar to our mush, but not so stiff, and is made of milk. The oatmeal cakes are very dry and not at all palatable to me and I think used too freely would give rise to that phase of dyspepsia known as waterbrash.

I left Edinburgh with much reluctance, feeling that if time and means would allow I should like much to make it my home for a year or two for purposes of study.

HOME OF HEALTH, 41, W. 26th St., New York.

Our Home Anniversary.

On account of the great number of patients and guests staying at Our Home, we are deterred from extending our usual invitation to the friends of hygienic living in different parts of the country to be with us at the celebration of the anniversary of the Institution, Oct. 1st, by the fear that we may not be able to accommodate them in a comfortable manner.

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UNDER THE ROOF-TREE.

BY MRS. KATY J. JACKSON.

ABOUT BABIES.

SHALL the young infant sleep with its mother? "By no means. A baby should always sleep alone," say many voices. "It is very unhealthful for it to be in bed with grown persons, it takes their breath, they take from its vitality, its own vital powers are not educed. Let it have its little crib and be tucked up in it, and be kept snug and warm by soft bed clothes and its own bodily heat, and be brought to its mother when there is need."

All very good provided circumstances can be made to agree with the plan. But supposing they cannot. Sometimes something besides the very best good of the baby has to be taken into account. Mayhap the father and mother are of as much consequence as the child.

"Oh! but it is better for them that the child be kept away from them."

Let us see; take a case. It is winter. The baby sleeps in a crib, the nurse in a bed beside it, the parents in the next room. The child wakes and calls for its food; the nurse must get out of bed, take the baby up and to its mother and all three and quite likely the father also, are awake while the child nurses. It often

dreaded in the olden time, is often now a

tificial wrappings, it is not so great a necessity. Of course a woman who sleeps with her infant should be sure that her person and clothing are clean and that the exhalations from her skin and lungs are sweet, and her magnetic relations to her child all right—in short she should be in good health, unfortunately a rare condition of motherhood in these days. In this respect the animals have the advantage.

It is when the mother is in good health and happily related temperamentally to her nursling that it has a good effect upon it for her to sleep with it, to fondle it, to hold it in her lap and press it to her bosom. It thus becomes imbued with her spirit, and love grows up between them and their hearts are bound by ties of sympathy and communion that need never

en. Just so with the other parent,

nstitutions. Sir
chloroform lives
y of witnessing

improvement have
what they are, the finest built men and women
in the world.

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and usefulness? The above picture is not overdrawn. It may be seen in hundreds of families considered respectable all over the land, and is the result of the all-prevailing ignorance on subjects pertaining to life and health.

The effort of the nurse should be towards regularity in times of sleeping, and after the first month or so if care is taken it may in almost all instances be attained. Words fail to describe the increased comfort and peace and joy experienced in the nursing and tending of a child through babyhood under modern hygienic improvements, especially if its parents have by their own correct habits, been able to endow it with their tendencies.

When properly dressed and regularly fed on proper food and kept clean, it can all the more easily be made regular in hours of sleeping, and to have its sleep so long and refreshing that it wakes to smile and crow and amuse itself rather than to be cross and exacting and to set the whole house in an uproar.

QUESTIONS ANSWERED.

BY J. C. JACKSON, M. D.

SOAP-STONES, SALT, CATARRH—A. B., Paxton, Pa. Do you approve of soap-stones as foot warmers?

I think them the best kind of foot warmers we have.

2d. Will cows, horses and sheep do better if fed on a portion of salt hay, or given a quantity of salt, than without it?

I have kept horses for years without giving them one particle of salt. They were in uniform good health, and were remarkable for the sleekness of their coats. I do not think salt at all necessary to the health of any animal. Animals which have been accustomed to it will suffer for awhile if it is taken away, but once adjusted to conditions of living under abstinence from it, they get along just as well and in many respects better without it than with it. I have kept cows year in and year out, summer and winter, without any salt. They gave good milk, the cream of which was always easily churned into butter, never troubling the churner to bring it, nor gather it after it had come, and it was uniformly sweet. I have kept sheep without salt. They never lost their wool; they throve well in fatness; and the fleeces that were sheared from them were deemed especially fine.

3d. What do you think of a lady of 18 years wh[o] ...joys good health with the exception [of] ...n troubled with catarrh, and ... was to smell anyth[ing]

can all the me
sleep so long and refreshing that
akes to smile and crow and amuse itself ratl
er than to be cross and exacting and to set th
whole house in an uproar.

Many persons prefer to dispense with a cra-
dle altogether, accustoming the child from the
first to be laid upon a bed or lounge to sl
without rocking and carrying

2-5

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13298

OF THE COLLEGE.

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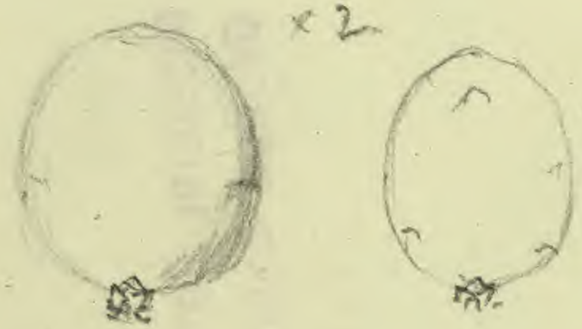
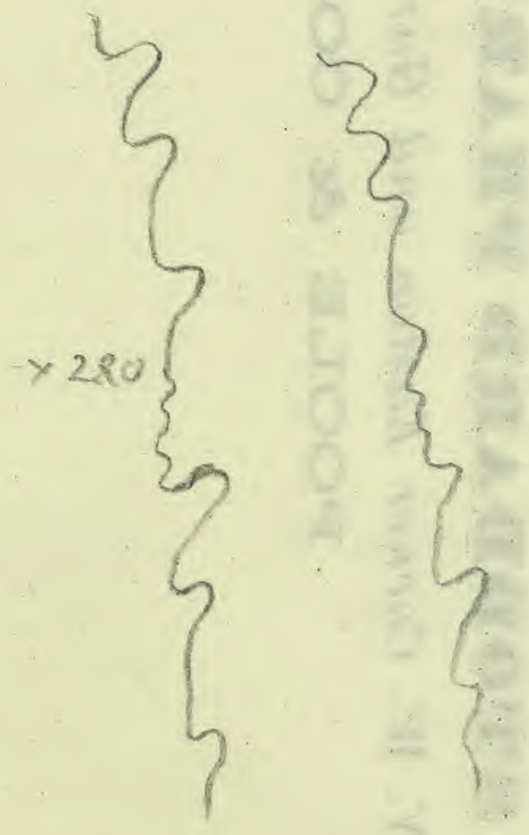
L. Lyonsii

Feb 26 1874

New Braunfels, L. Rheiner NB 228 1850



one or two seeds



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Juniperus

Jan 1. 2. 1874

♂ in full bloom
pollen not shed

Sabinella Gray 398

Aug 31 1848
10–30 feet high
seed single or
in pairs

Pollen ⌀ 0.026 mm
×415

tip of scale
×60

Base

tip of scale
×280

×10

scales ×10

×2

side of same scale

anther cells
2–3, sometimes
4

tip of shorter and
longer
leaf ×60

glands of leaf
inconspicuous

side of leaf ×280

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413 1140
820
2700
2490
210

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Juniperus

"Cedar" New Brunfels, Linthicum

4.5 Jan 1874

1848

old.

young branchlet

×10

edge of leaf ×280

berry & seed

×10

tip of leaf

×60

red brown, shining

grey, dull

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APOTHECARY & PHARMACEUTIST,

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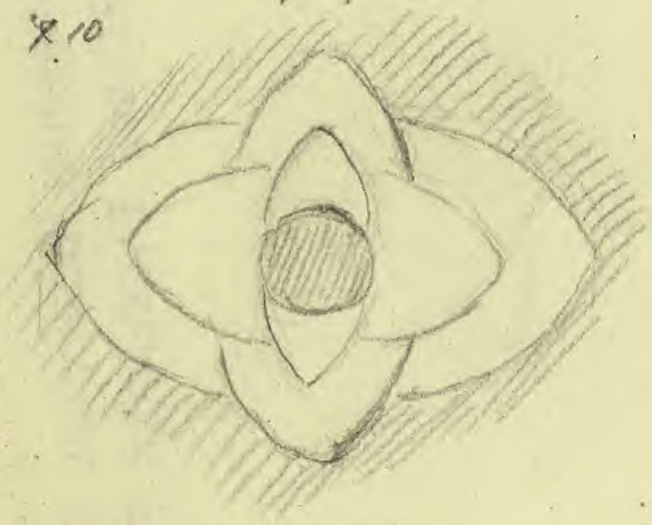
Juniperus

"Cedar" v Van Brunt's, La Station 1878

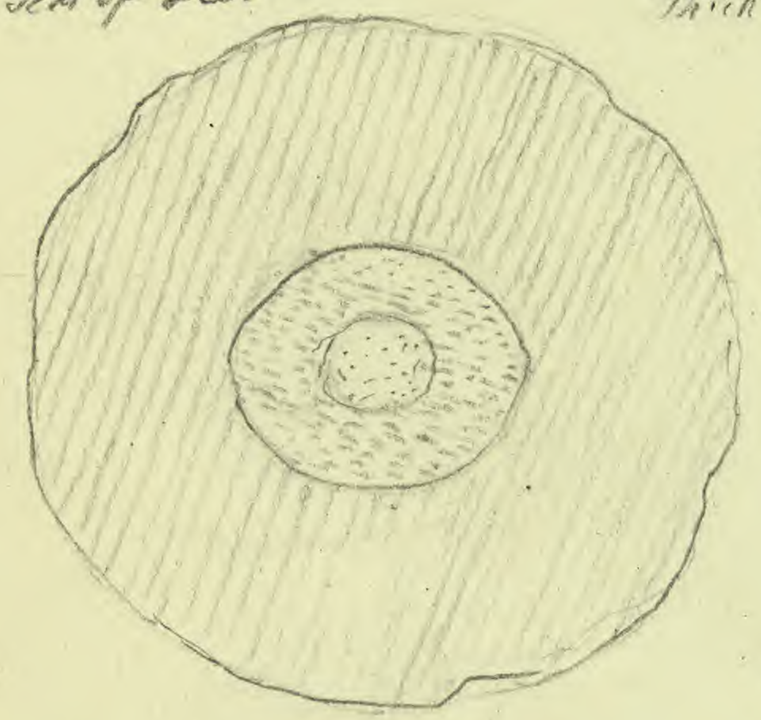
5 Jan. 1874

case of fruit

×10



seed of seed



thick stony shell

seed ×2

dorsal

lateral

seed slightly wrinkled

×10

×2

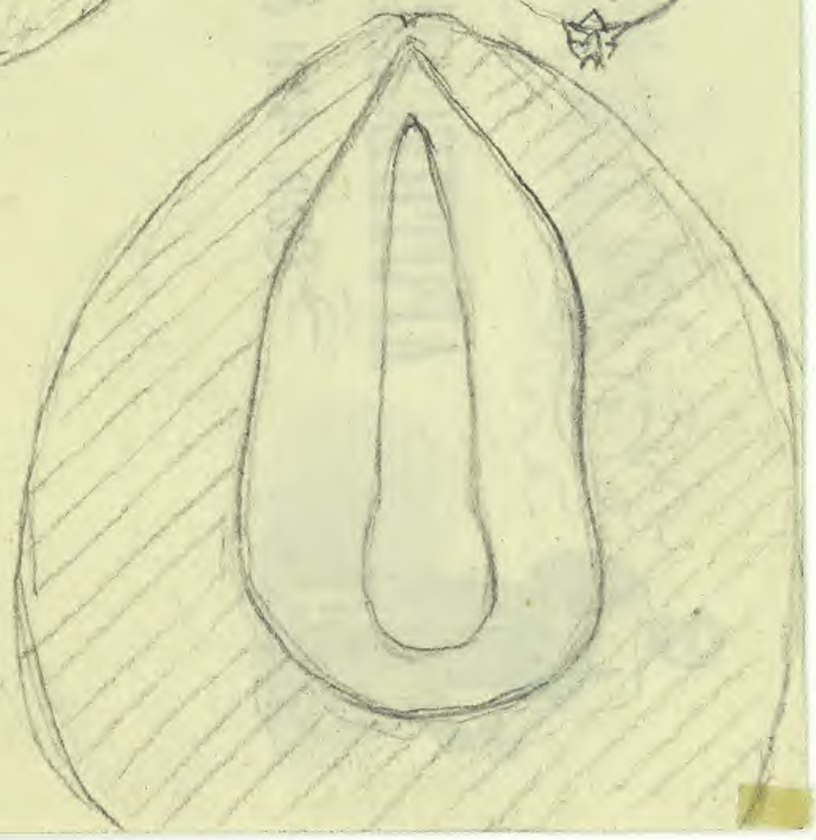
case of seed

×10

large gray kilium?

embryo

×10



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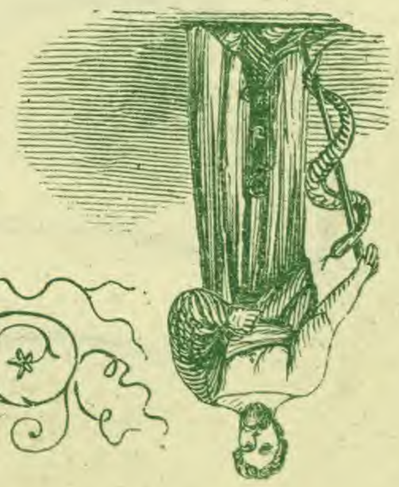

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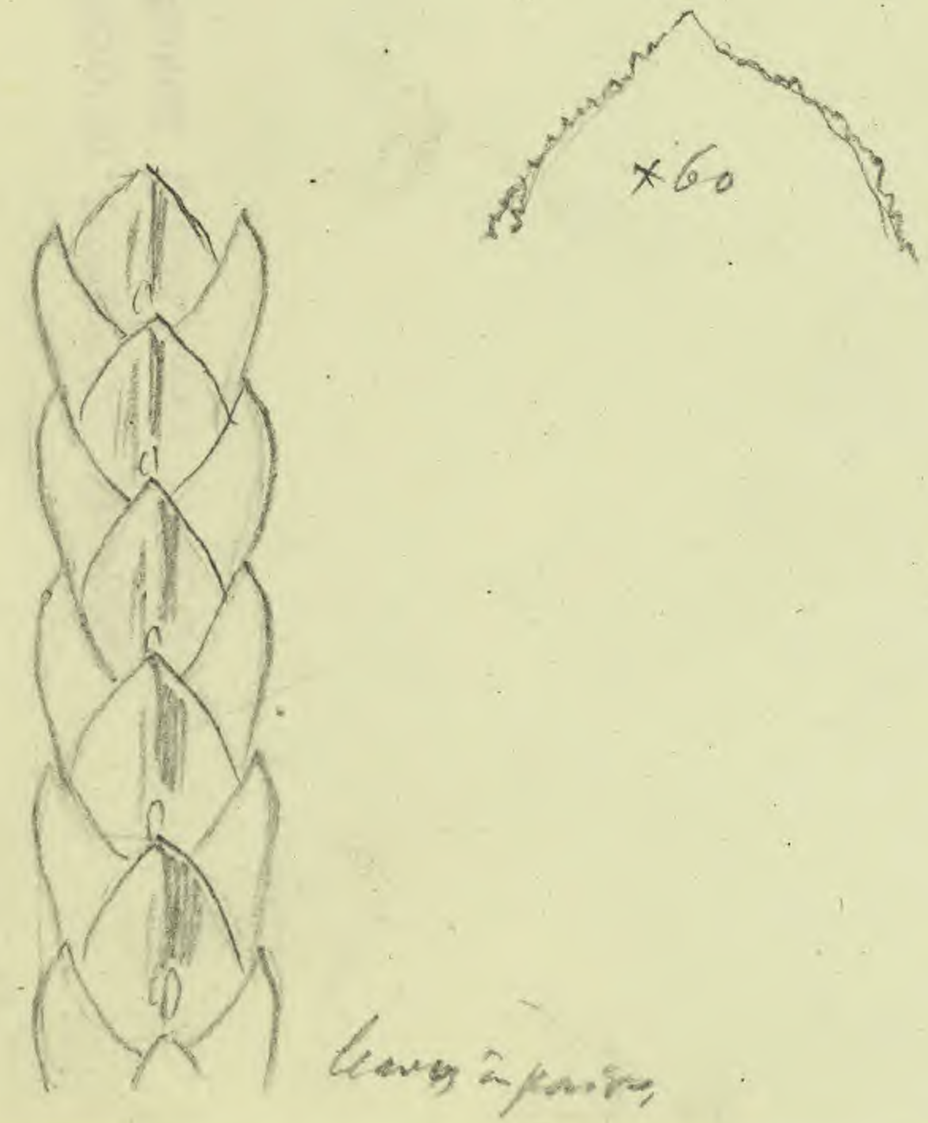
Juniperus

Feb 27 1874

12 Geleotti, Oaxaca = Hb Kew



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PRIZE STUDENTS.

CROMWELL PRIZES.

Gold Medal.

For the Third Year Student who Exhibits the Most Thorough Knowledge of the Theory and Practice of Quantitative Analysis.

S. ANTHONY GOLDSCHMIDT, A. M.

HONORABLY MENTIONED.

PIERRE DE PEYSTER RICKETTS.

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SUMMARY.

Third year Students	8
Second " "	5
First " "	19
Preparatory Students	25
Special Students	58
Total	115

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Juniperus tetragona ? Geo 30 1873

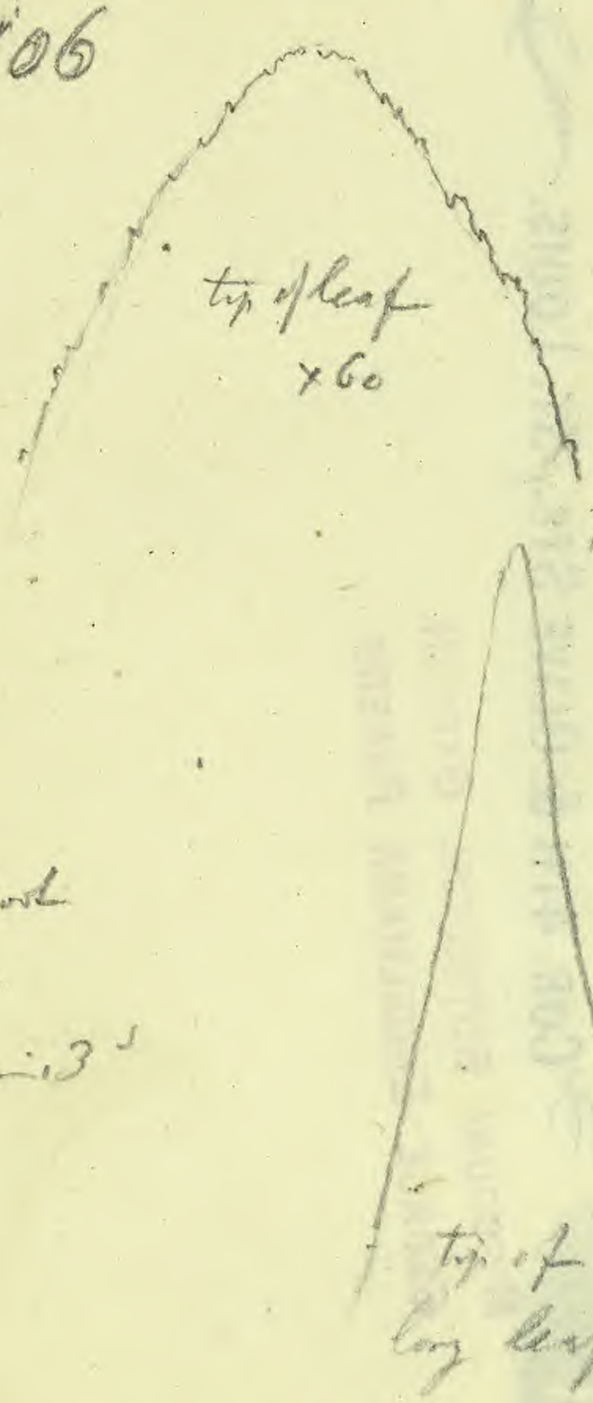
10 feet high, Sallilla Grizz 106

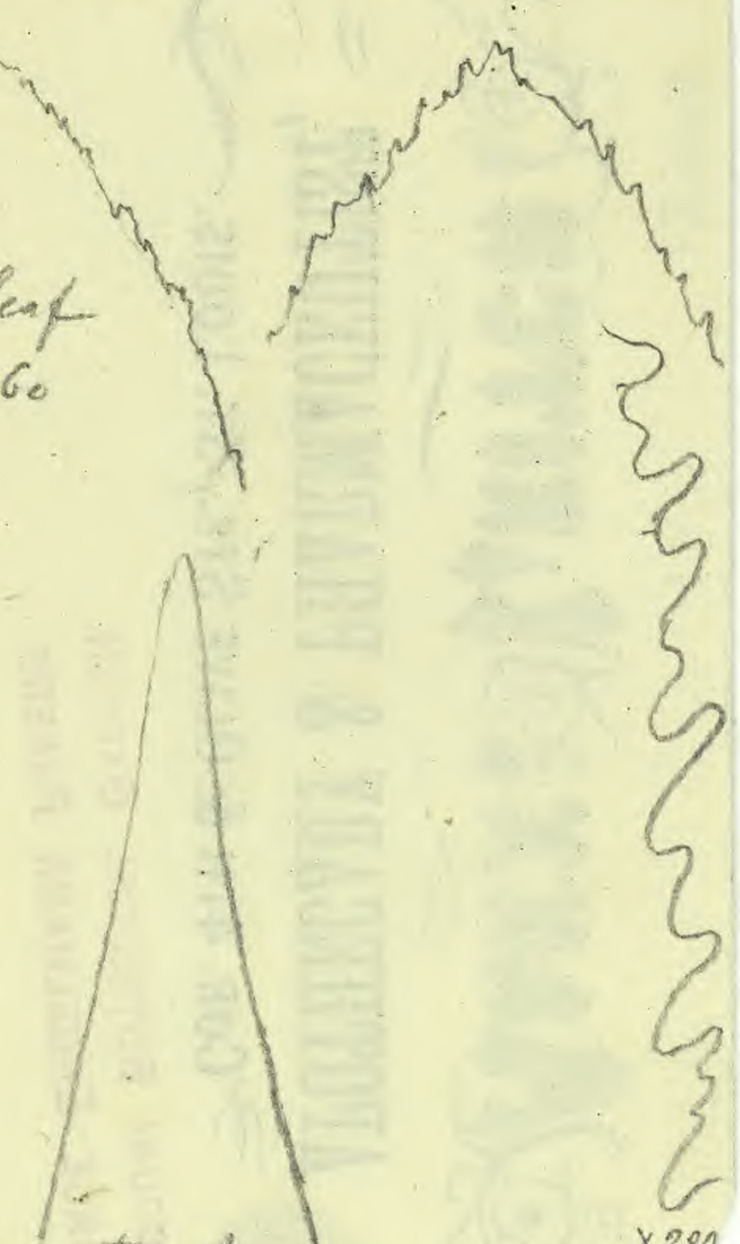
June 22. 1848

×10

leaves ÷ 2^{s} ÷
all the smaller
branchlets

young shoot
×10.
leaves ÷ 3^{s}





tip of
long leaf × 60

this colony, to packypthlora

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ALEX. LEITCH

APOTHECARY & PHARMACEUTIST,

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Juniperus tetragona

10 feet high. Sabillo Jun 2 1848

Jun 15 1874

Dr Gray ch 106

×2

more or less open berries

×2

seed rugulose single

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R. C. HARRISON,

508 Leffingwell Avenue,

Druggist & Apothecary

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G. F. ENGLEMAN, M.D.,

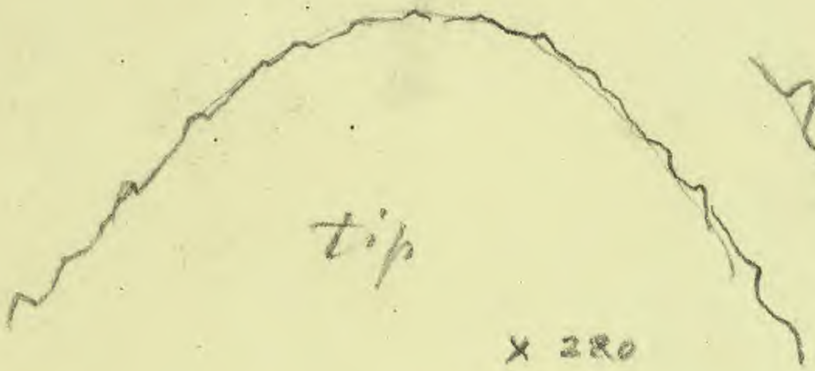
3003 LOCUST STREET.

13306

"P. tetragona"

Feb 28 1874

Orizaba, Linden No 6 ex Hb Kew



X 10

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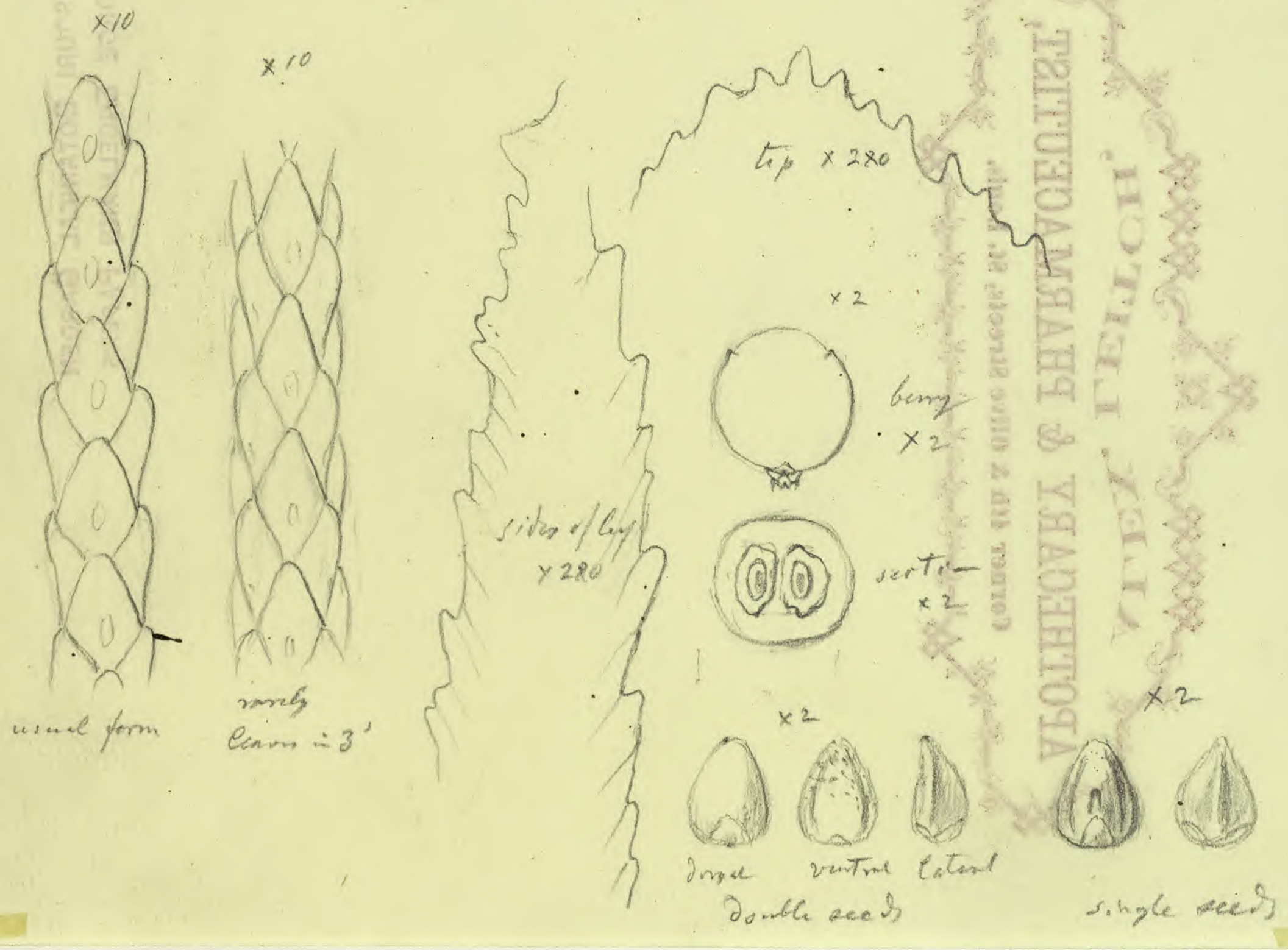
Juniperus tetragona

Feb 19 1874

Dispersa

New Braunfels, Texas, Ch.s Wright Nov 1851



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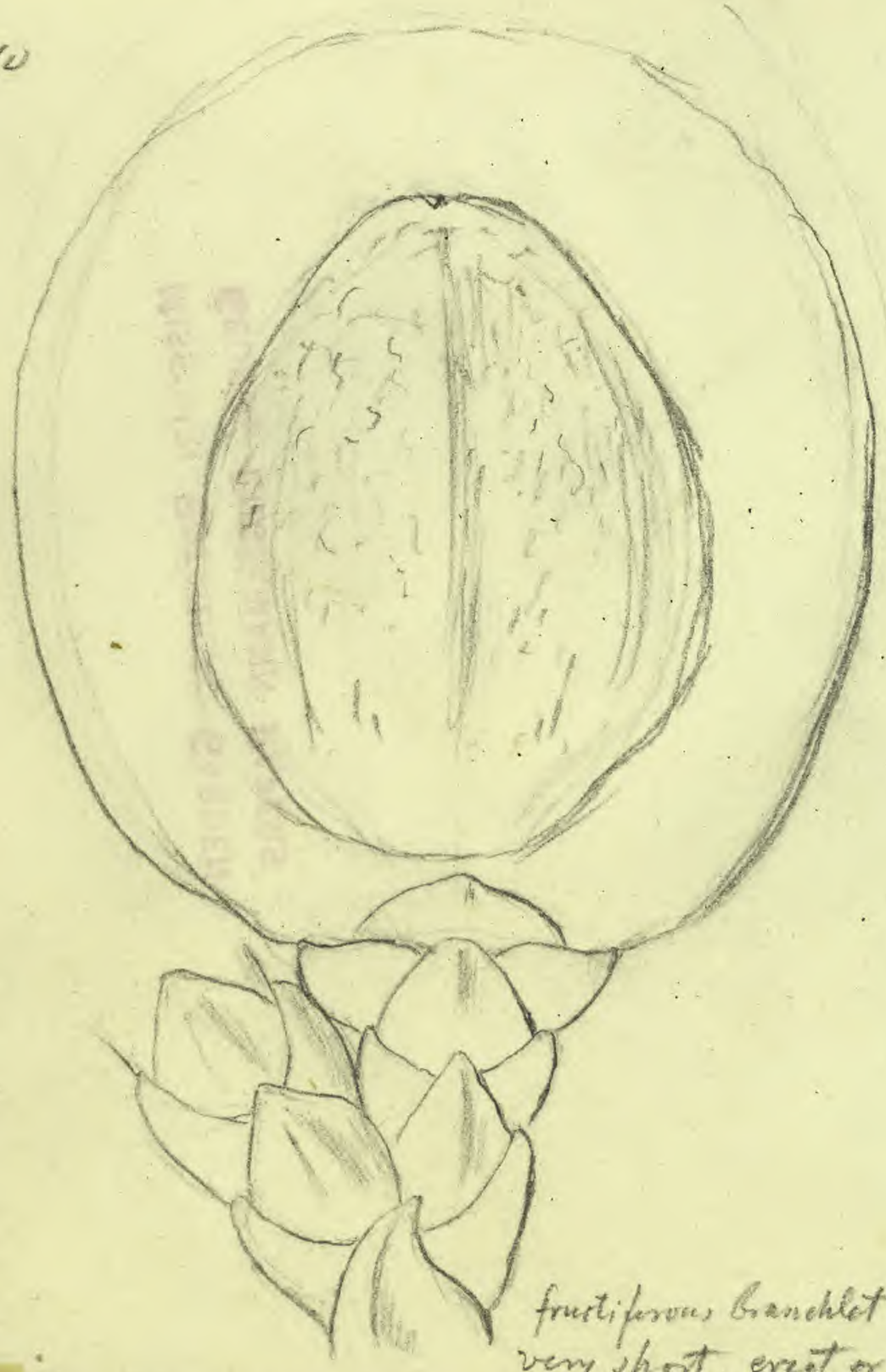
P. tetragona Jan 2° 1874

Saltillo Gregg 398 Aug 31 1848

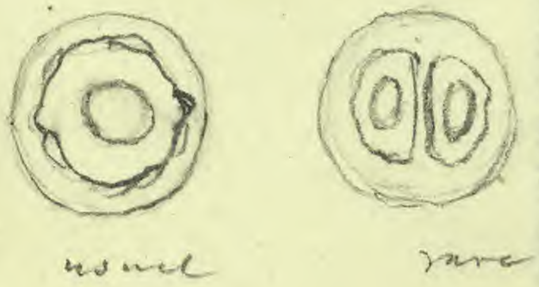
×10



1 or sometimes 2 seeds

×2

Jan 15-16 74



section ×2

nut

rare

×2

seed rugulose

fruitiferous branchlet very short, erect or horizontal, here with 5, or also with 3–6 pairs of leaves

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ALEX. LEITCH,

APOTHECARY & PHARMACEUTIST,

Marble Building Cor. Fourth & Olive Sts. St Louis, Mo.

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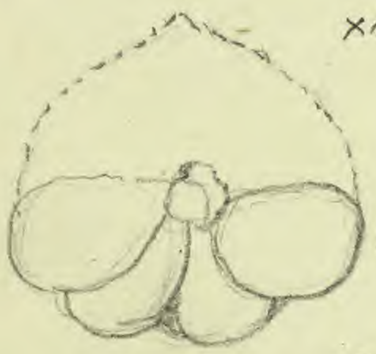
Juniperus tetragona

April 5th 1874

Mexico Rhode No 63 = Hb Bourlier

×10



×10

tip of scale

tip of scale ×220

side of scale ×280

Pollen ×415

tip of leaf ×280

Tip of leaf ×280

Base of leaf ×280

Base long branchlet

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Alex. Leitch,

APOTHECARY & CHEMIST,

Cor 4th & Olive Sts. St. Louis.

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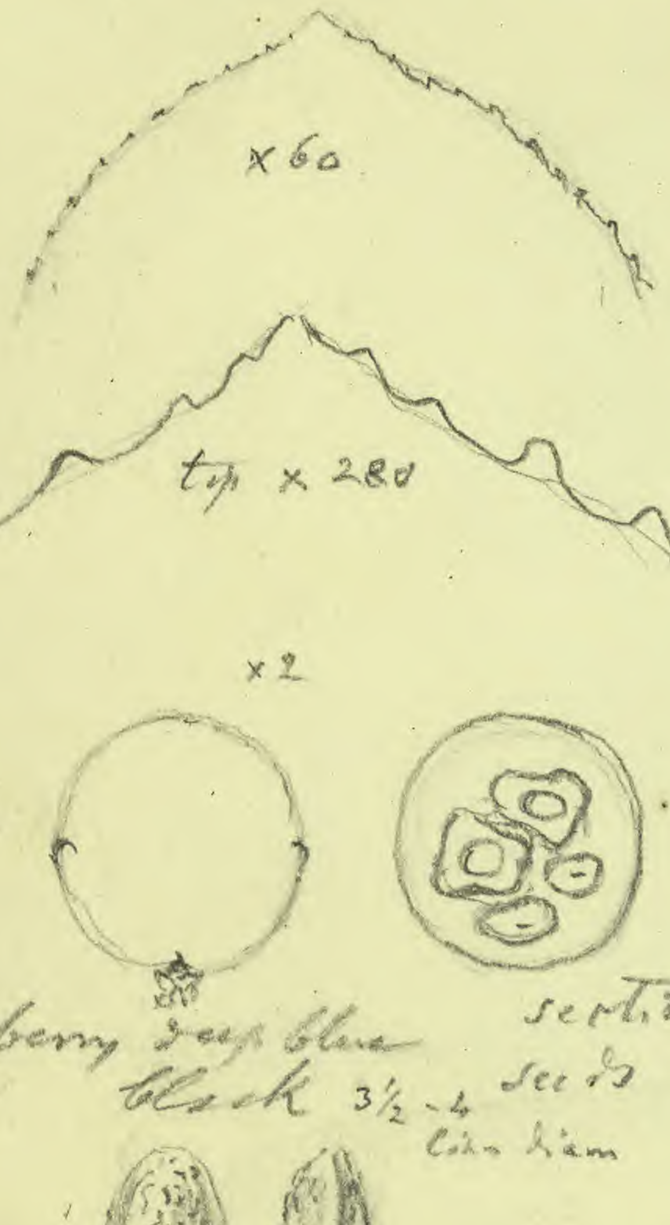
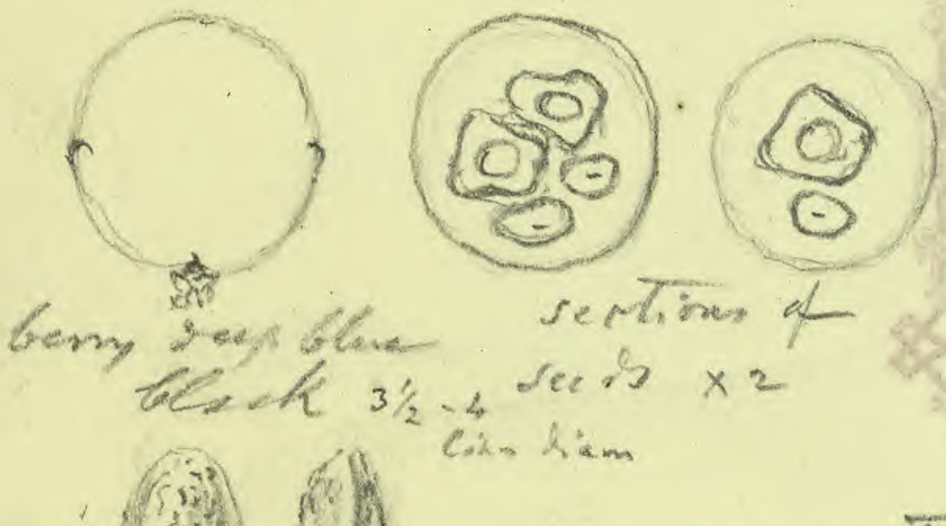
I. tetragona Feb 26 1874

between Real del Monte and Chico, Hartweg 436, Herb Kew

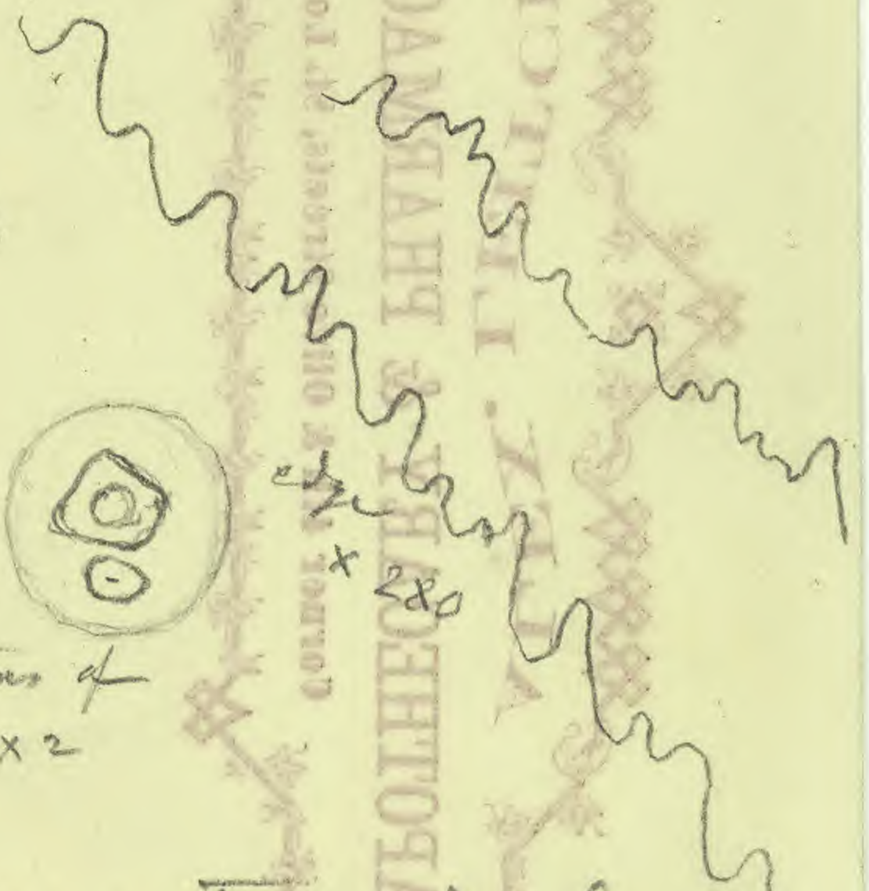




berry deep blue black 3½-4 Cm diam

sections of seeds ×2

seed ×2



one or two good seeds
seed one or two undeveloped ones
seeds rugulose upwards —
many oil receptacles

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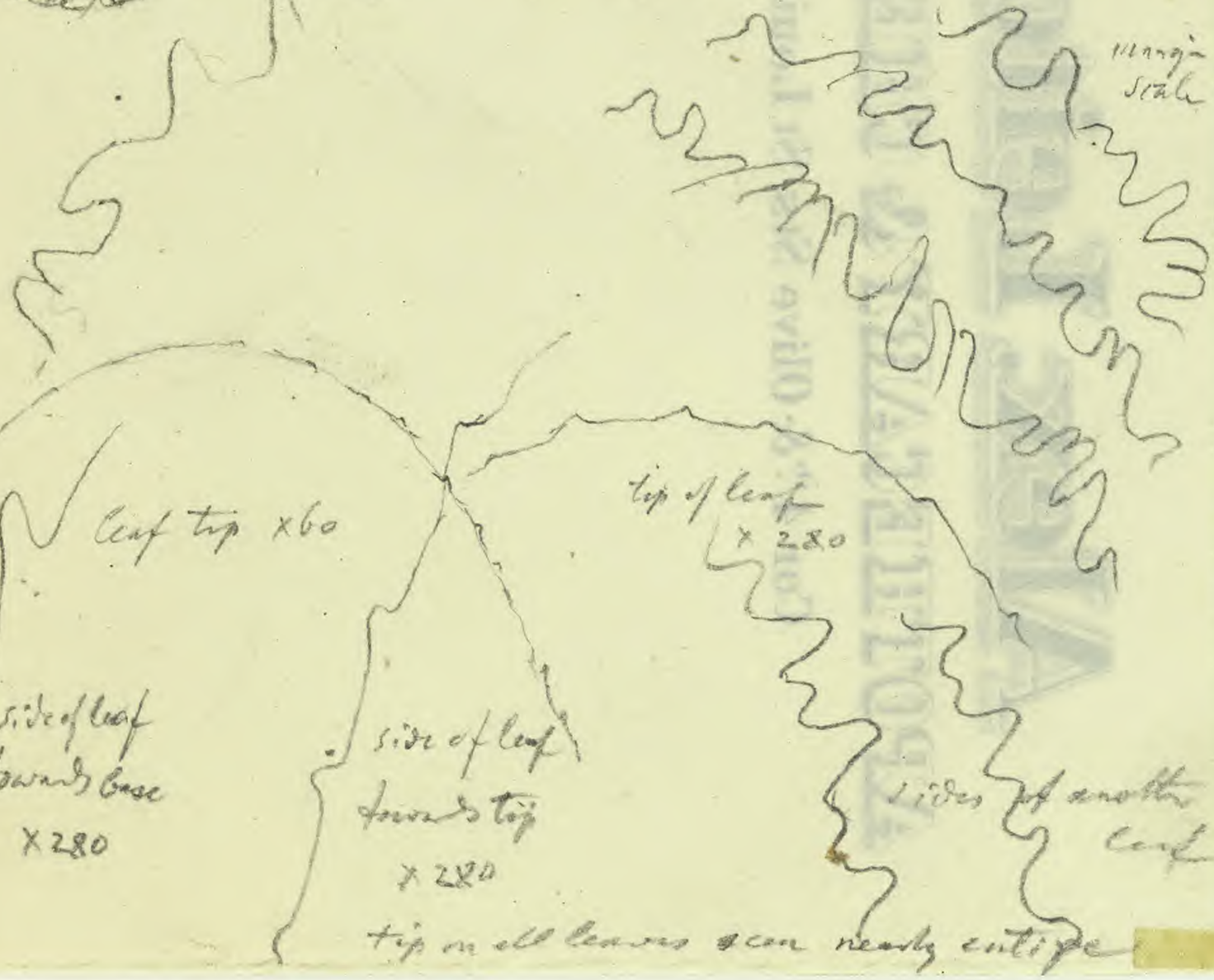
April 4 1874

Juniperus tetragona Schl.
Mineral Del monte, C. Ehrenberg

x10

tip of scale x 280


Margin scale
tip of leaf x 280
leaf tip x60
side of leaf towards base x280
side of leaf towards tip x280
sides of another leaf
tip of all leaves scarcely entire

Alex. Leitch,

APOTHECARY & CHEMIST,

Cor 4th & Olive Sts. St. Louis.

MISSOURI BOTANICAL GARDEN
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0 cm 1 2 3 4 5 6 7 8 9 10
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Sicyos. Fothagyna Schl. Type April 7 1874

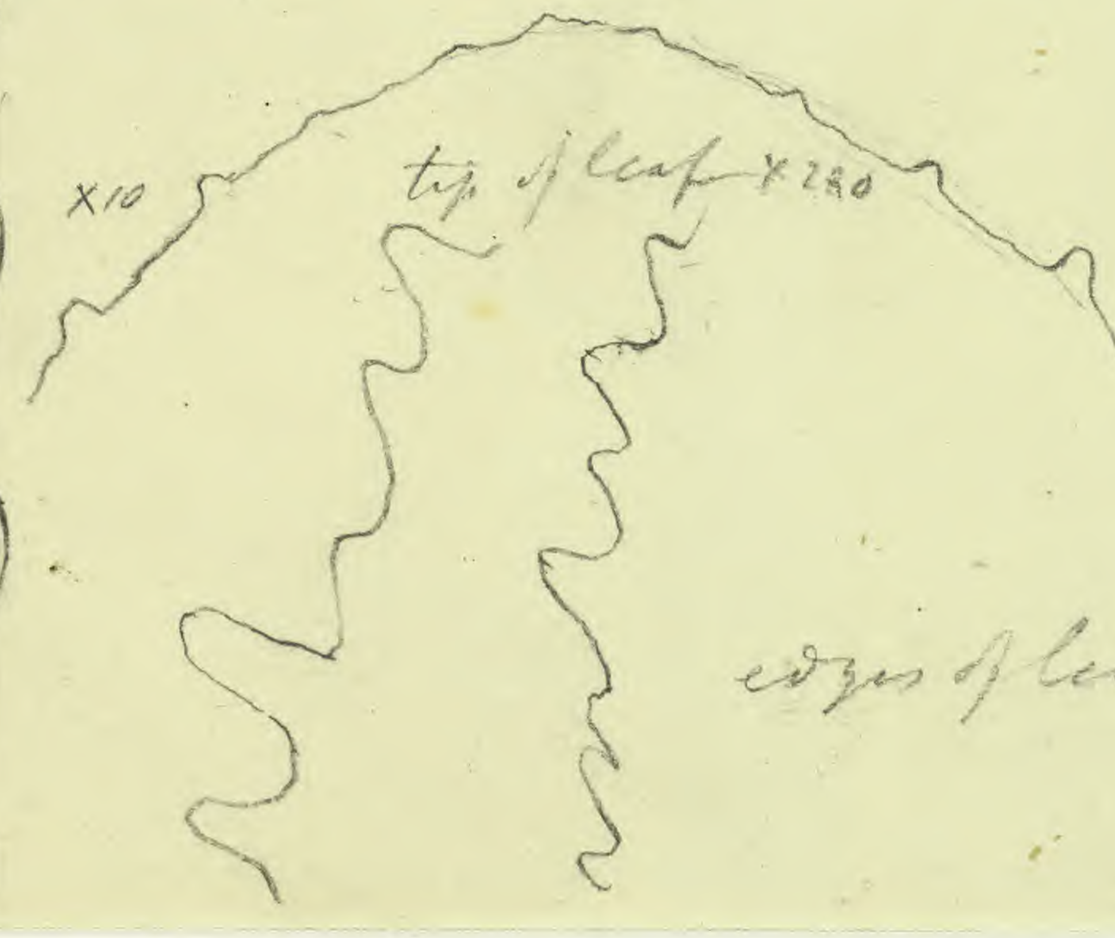
Real del Monte, C. Ehrenberg (1835) — Hb Berolin

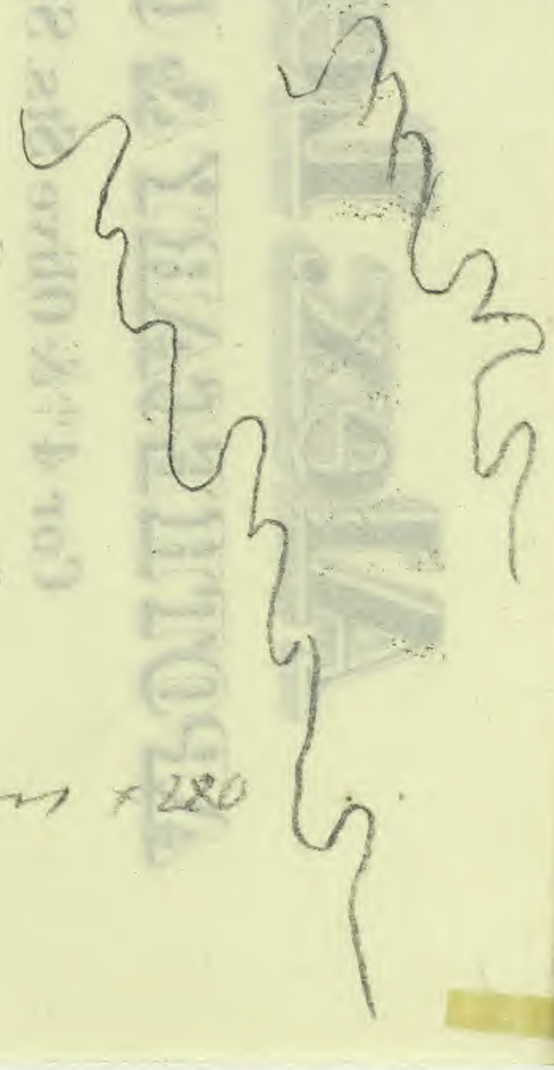
unusually large 5 seeded fruit pulpy!

different seeds very resinous

small fruit

all fruits 4–5 lobed dia
Black color pulpy, resinous.
glokose, 3–5 seeded.
peduncle rather shorter than fruit





0 1 2 3 4 5 6 7 8 9 10
cm
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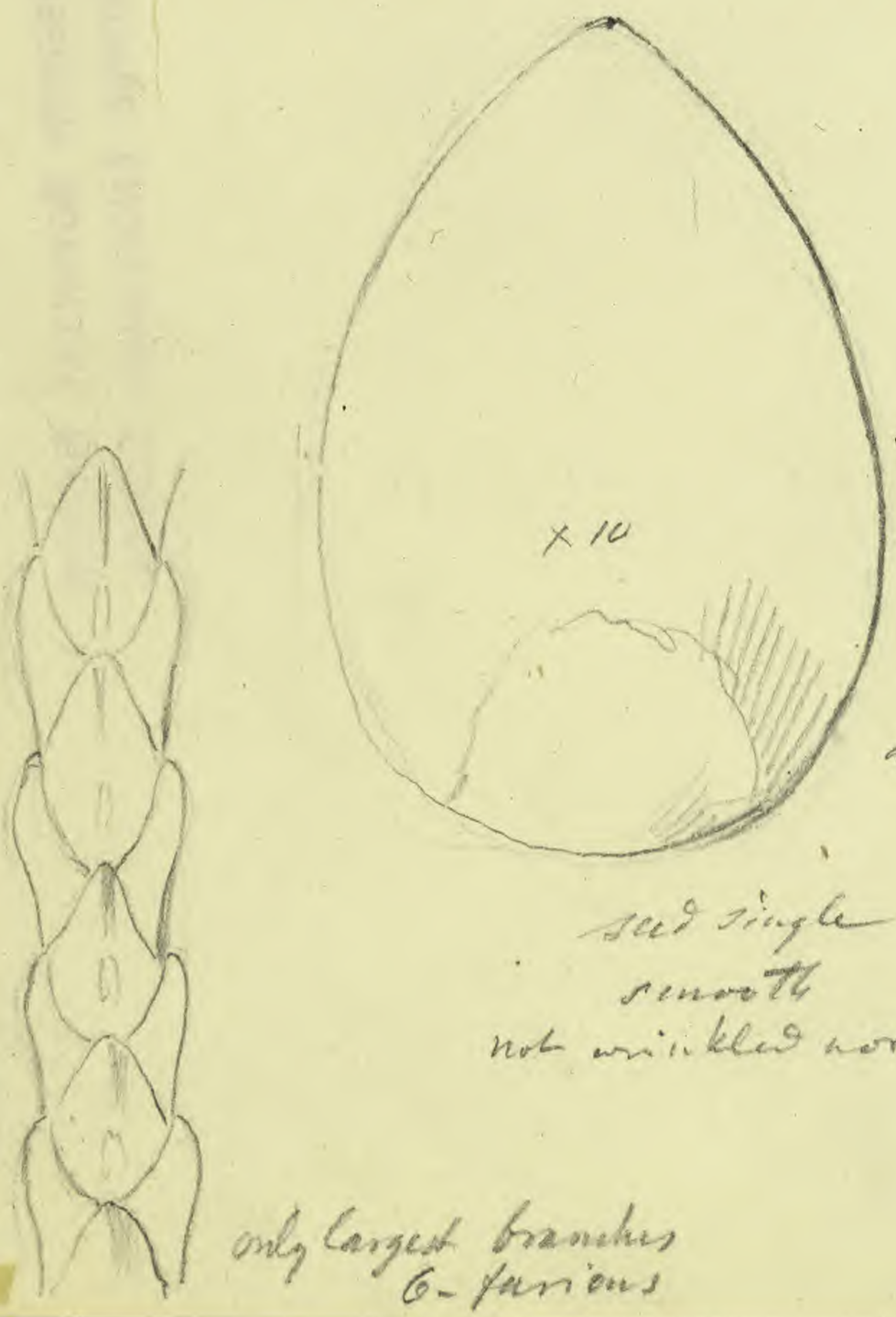
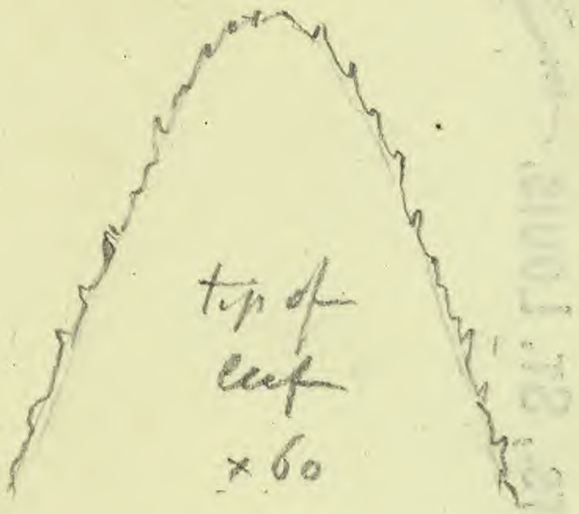
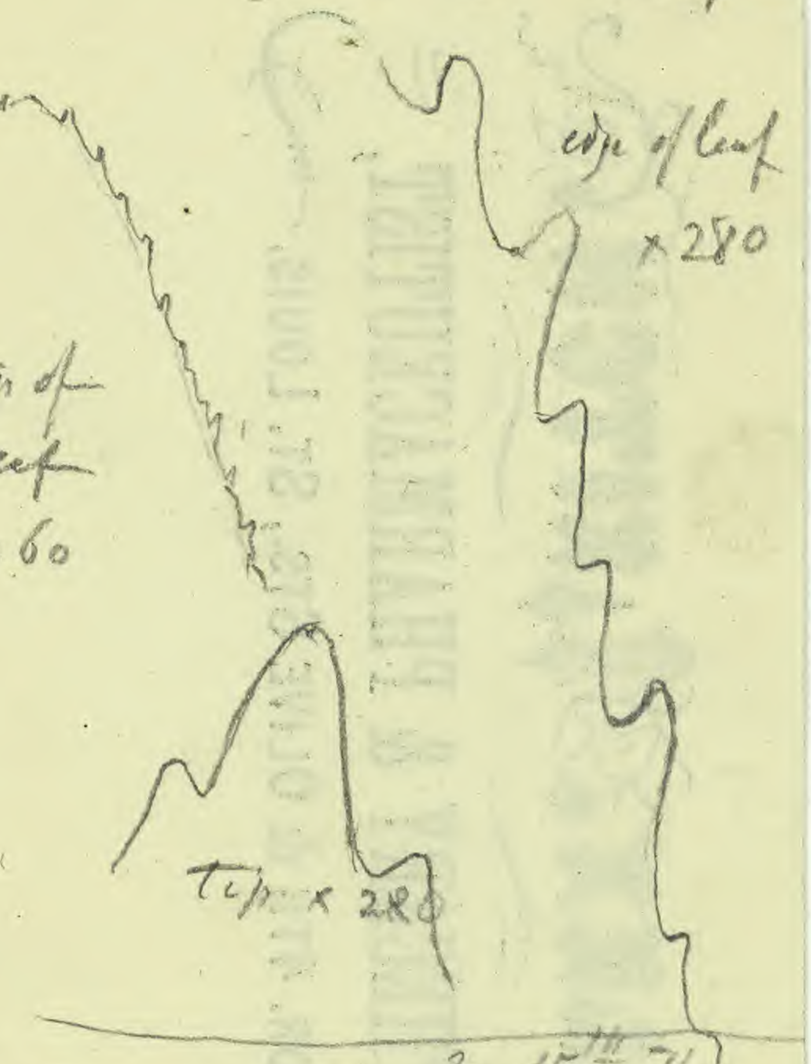
Juniperus occidentalis ?
Berlandier 671 & 2081

Jan 2' 1874







Jan 15th 74

scarcely
roughened

almost smooth

seed single
smooth
not wrinkled nor ridged

seed × 2

berry × 2

only largest branches
6-fariens

only 1 pair of scales visible

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